

PRIMARILY for U.S.*

GRADES 2-3

* Understanding Science

ISSN 0742-6518

Volume 23 Issue 5

1999-00

Fernbank Science Center/DeKalb County School System

Why am I so thirsty?



Feeling thirsty is your body's way of getting you to drink!
Feeling thirsty means your body needs more water.



All living things contain some water. Over half of your body is made of water. You cannot always see the water but it is there. Water has many important jobs in your body.



Urine (yer-in) keeps the inside of your body clean. When you use the bathroom, you are flushing away the liquid waste your body makes. Since urine is made mostly of water, you need to drink water to make urine.



Your body uses water to make tears and spit (saliva). You shed tears when you are hurt or when you are sad. Tears also wash your eyes and keep them from drying out. When you blink, your eyelids spread a little tear water over your eyes.

Spit softens food when you chew. It helps food slide down to your stomach when you swallow.



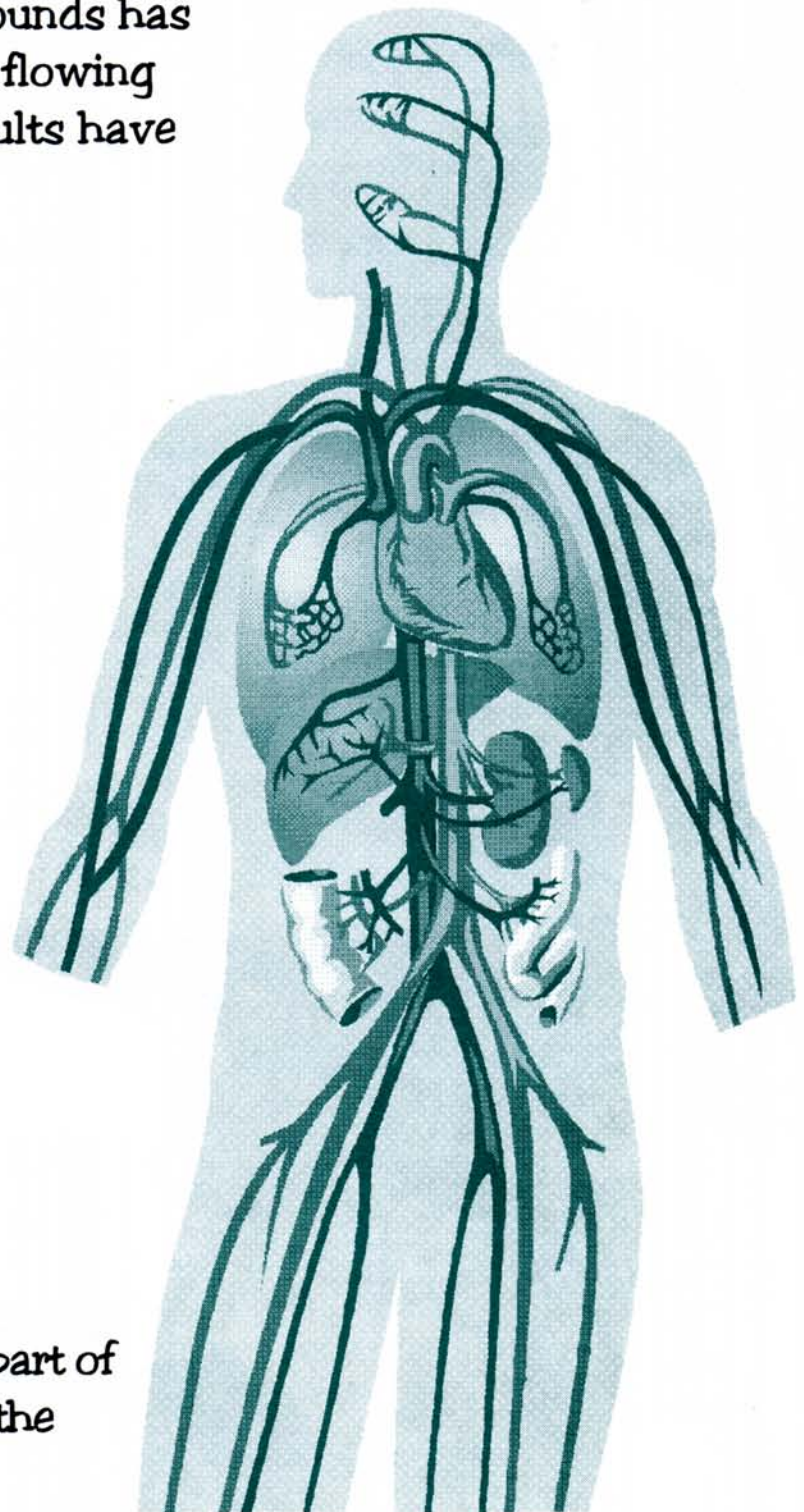


Sweat is made with water, too. You sweat every day. You do not always see sweat because the drops are so small.

Sometimes you make big drops of sweat. They might even drip in your eyes. Exercising can make your body sweat more. A hot summer day can make your body sweat a lot, too.



Blood is made mainly of water. Someone weighing 50 pounds has almost 2 quarts of blood flowing through their bodies. Adults have more than 4 quarts.



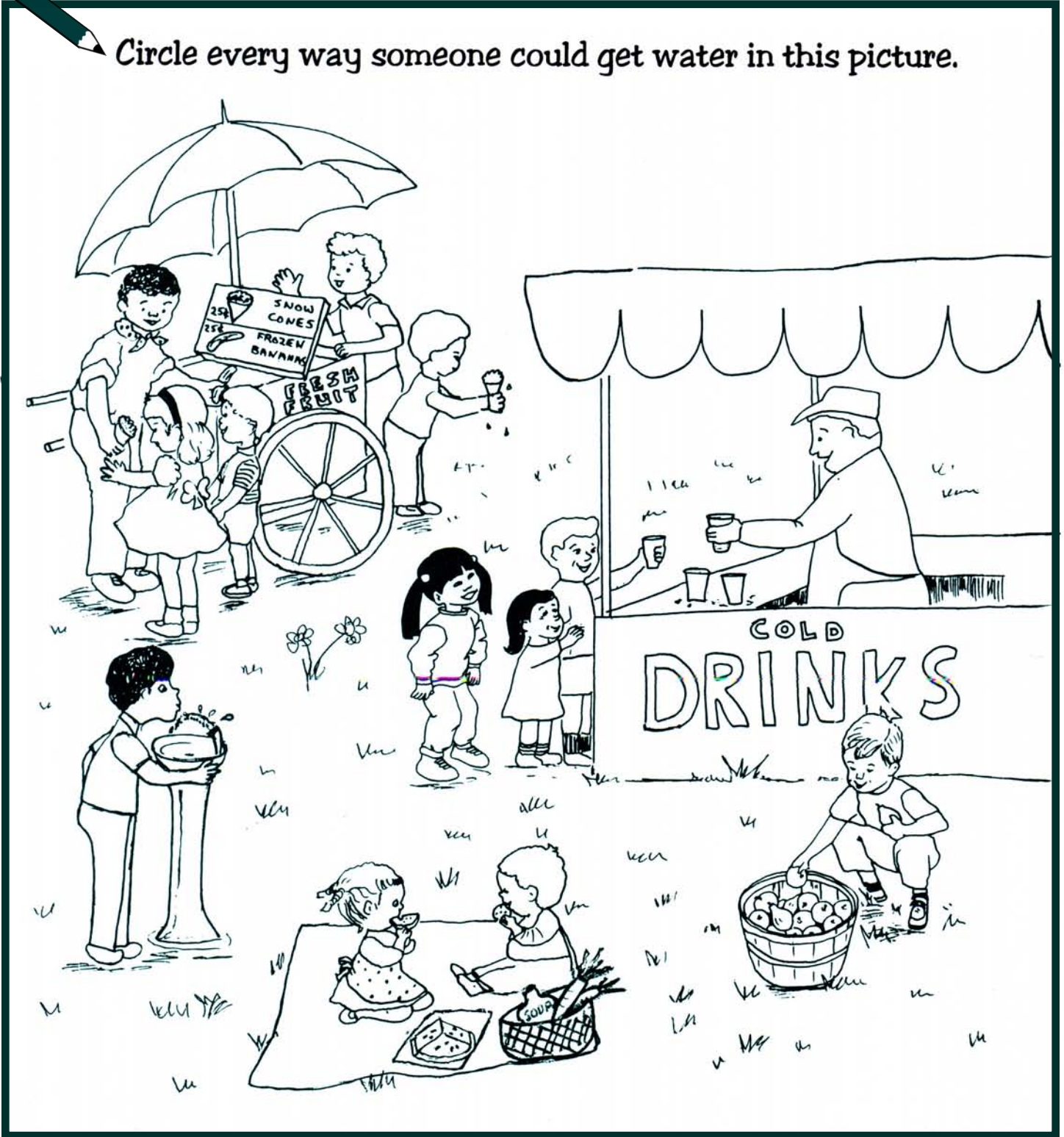
Water is also an important part of skin, bones, muscles and all the organs in your body.

Now you know why it is important to drink plenty of water every day.

There are many ways to get water each day. Drinking is important, but you also get water from foods. Fruits and vegetables are excellent sources of water.



Circle every way someone could get water in this picture.



Primarily for U.S. was written by
Judy Cutchins and Rachel Fiore.
Artwork is by Judy Cutchins.

It is the policy of the DeKalb Board of Education not to discriminate on the basis of age, sex, race, color, religion, national origin, disability or handicap in its educational programs, activities or employment practices.